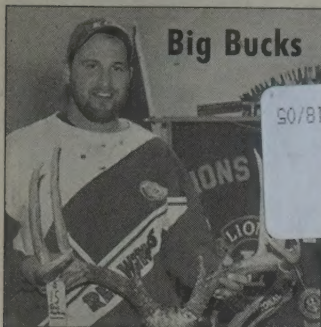




... Page 2

ELK POINT REVIEW

Tuesday, December 7, 2004 vol. 24 no. 49
75 cents (GST incl.)

Girls rule in
weekend's sports
... Page 6

Prestigious awards
for K-Cow Ranch
... Page 8

Christmas for 314
... Page 9



'Tis the season...

The pre-Christmas craft sale season is in full swing, and Heinsburg High's 2005 Grad Class decided Heinsburg Community School's annual craft and bake sale was a great opportunity to boost their fundraising efforts toward next spring's big day. Left to right are graduands Amber Krider, Ronald Moyah and Stacie Stanley, with Trish Standinghorn, who was sitting in for graduand Heather Calliou.

VICKI BROOKER PHOTO

Extravaganza was "a tremendous success" - Randall

By VICKI BROOKER
Review Staff

Elk Point Chamber of Commerce president Rod Randall says that after talking to people both Extravaganza night and since, "it is apparent that this event was a tremendous success."

Randall says that while "the odd hiccup" occurred along the way, "nothing adversely affected the event. Overall business participation in the volunteer end of the event "improved from last year, but if this event is to continue to evolve and improve, we will need more people to volunteer their time."

Sponsors played a huge role, Randall says. "Without the support of so many businesses, we couldn't provide this event to the people of Elk Point." He noted that many of the sponsors do not receive any direct benefit from the event, "but still gladly give to ensure the success of the event."

The Town of Elk Point was "very cooperative and accommodating" regarding decorations, barricades and other details, such as delivering and picking up the bonfire rings, firewood and trash barrels.

Special recognition went to Prairie Tech Oilfield Services, who Randall says "went above and beyond the call for this event," with assistance in painting the stage, taking care of the bale maze from design and construction to take-down and cleanup, and ordering and installing signs. "We realize that some of these initiatives came at a direct expense to the company."

Randall also applauded the efforts of Myra Boothman, whose overseeing of the 50/50 draw brought about a huge success, Eugene Buck, who did a great job organizing, emceeing and performing on stage, Dwayne Odgaard, who managed the entire wagon ride process, Lesia Porcina, whose successful efforts regarding the Santa pictures, as well as tracking down volunteers and delivering draw boxes, Marshall Kachmar, who once again filled the double roles of parade marshal and

(Continued on Page 2)

Fun awaits new Sparks just over the rainbow

By VICKI BROOKER
Review Staff

"Come over the rainbow, and have fun with us!" called Elk Point's five second-year Sparks as they prepared to welcome six new members at last Thursday's enrollment ceremonies.

The newcomers tiptoed over the rainbow-hued path, and were warmly welcomed by Guider Margaret White and a trio of Sparks leaders. Guider Margaret heard their recitation of the Sparks promise, "to share and be a friend," then called each girl to come forward in turn to receive a Sparks pin.

New Sparks Tia Dorey, Renee Cameron, Karly Rinas, Shayla Cameron, Savannah Lawrence and Brianna Rainey then traded their pink camp hats for gold crowns and pink capes by the leaders, who also handed each a star-topped wand.

Guider Margaret, who told the assembly of proud parents, grandparents and siblings, "without leaders, we wouldn't have these units in Elk Point," then turned her attention to adult volunteers Cindy Lawrence, Melanie Rogers and Wendy Young, who followed her in reciting the Guide promise and were officially enrolled as leaders.

The new Sparks led the way to a buffet of pink snacks to wind up their special evening.

Sparks are the youngest age group to be involved in the Guiding program, and as they grow older, are eligible to advance to Brownies, Girl Guides and Pathfinders, with all the fun and adventure the advanced groups bring.



Ready for a year of fun and learning in the Sparks program are (front, left to right) newly enrolled members Renee Cameron, Brianna Rainey, Shayla Cameron and Savannah Lawrence, second-year member Shelby Berg; (back row, left to right) new members Karly Rinas and Tia Dorey, and second-year Sparks Madison Ference, Sydney Hardcastle, Grayson Rogers and Spencer Young. More photos - Page 3.

VICKI BROOKER PHOTO



Bengals and Lions, oh my! Elk Point's members of the two St. Paul high school football teams took part in the Winter Wonderland Parade.

VICKI BROOKER PHOTO

Extravaganza

(Continued from Page 1)

fireworks coordinator, and Vicki Brooker, who oversaw flyer and poster production and hot chocolate supplies. A number of volunteers helped with the Santa photos, with Sandy Woytkiw kindly providing accommodation for Santa, Mrs. Santa and the photo crew.

Sandy Smith "volunteered to organize this entire event," Randall said. "This was a huge undertaking and you accomplished it with great efficiency and tremendous organization. On behalf of the chamber and all residents of Elk Point, thank you for a wonderful evening."

Big bucks really measure up

By VICKI BROOKER
Review Staff

Elk Point Curling Club lounge was filled to the brim with hunting enthusiasts Saturday evening, as entrants in the 2004 Big Bucks competition waited for the results of the antler measuring.

Shannon Leskiw measured a total of 22 competition racks, while Richard Nelson calculated their total scores. A number of non-competition heads were also brought in for measuring.

Hats went to the owners of the top 10 heads: 10. Jim Mistol; 9. Wayne Mudryk; 8. Willie Lesyk; 7. Sandy Robb; 6. Jay Heagy; 5. Travis Baycroft; 4. Lyle Frisby; with cash prizes also going to the top three.

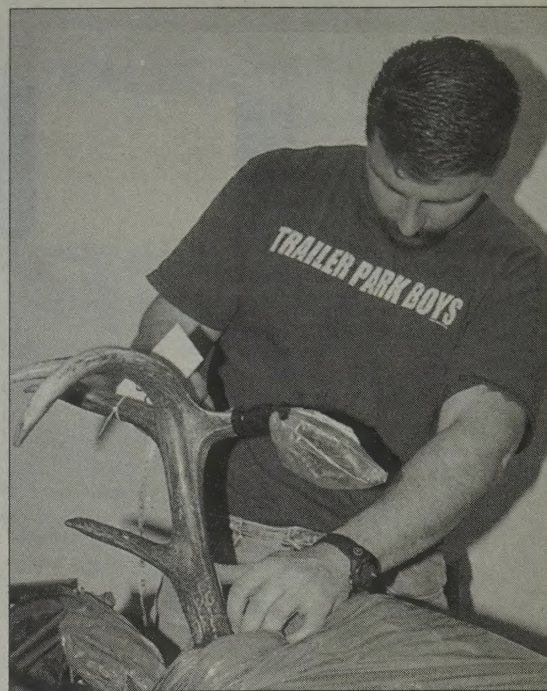
Mark Verenka placed third with a measurement of 149 3/8 for a \$200 prize. Real Fontaine was second with a 152 7/8 rack for a \$350 prize, a mere 1/8 less than winner Joe Mac

Kinnon, who won \$500 for a rack measuring 153.

Door prizes went to Jim Bodnar, Richard Ference, Kerry Loughran, Lyle Frisby, James Cazabon, Blair Capjack, Don Brooker, Sheldon Espetveidt, Rollie Roberts, Wayne Mudryk, Rod Cardinal and Leigh Babcock.

Careful calculations - Shannon Leskiw takes the measure of Blair Capjack's rack for the 2004 Big Bucks competition.

VICKI BROOKER PHOTO

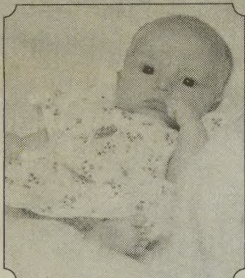


Biggest white tail bucks of the year were brought in by (left to right) Real Fontaine, whose antlers measured 152 7/8, winner Joe MacKinnon, with a rack measuring 153, and Mark Verenka, whose 149 3/8 rack is displayed by Ryan Mudryk.

VICKI BROOKER PHOTO



SAMPLE AD



Baby's Name _____ Date of Birth _____

Daughter/Son of _____

Weight _____ Height _____

It's the Elk Point Review's Annual Salute to the Beautiful Babies of the Year!

In our New Year's edition, December 28, we will celebrate babies born in the year 2004 by placing them in our paper for only

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COMPLETE THE ENTRY FORM BELOW AND SEND A CLEAR PHOTO TO THE ELK POINT REVIEW.

Beautiful Babies of the Year 2004!

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Date of Birth _____ Weight _____ Height _____

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DEADLINE FOR SUBMISSION IS DEC. 17 / 2004.

For further information please phone 780-724-4087 or mail or drop off your entry to: Beautiful Babies of the Year, Elk Point Review, Box 309, 4906 - 50 Street, Elk Point T0A 1A0

PLEASE ENSURE YOUR CHILD'S NAME IS MARKED ON THE BACK OF THE PICTURE

~ PHOTOS MAY BE PICKED UP AFTER PUBLICATION ~

Seasons Greetings

Join us at Customer Appreciation Day

December 17 from 10 a.m. - 4 p.m.

Please join us for coffee and donuts at our Elk Point branch, 4925 - 50 Street.

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Aspen receives high marks in health survey

ASPEN REGIONAL HEALTH AUTHORITY
Review Contributors

People accessing Alberta's health care system in 2004 were happier with the level of service they received than they were the year before, according to a recently released report by the Health Quality Council of Alberta (HQCA).

The survey, based on interviews with 4,608 people across the province, found that 81% of Albertans who received health care services in 2004 rated the service as excellent, very good or good, compared to 74% in 2003. The survey also found that 78% of Aspen Regional Health residents rated the quality of care they received as excellent, very good or good, compared to 70% in 2003. The 8% increase for Aspen was the third highest of Alberta's nine RHAs and was considered statistically significant by the survey.

"Rural residents deserve high-quality health services... that's why we will continue to look at ways of enhancing service across the Region."

- Bob Cable, CEO

Aspen Regional Health CEO Bob Cable credited the high approval rating with the hard work and commitment of Aspen staff. "We're very fortunate to have such excellent staff in all our communities," noted Cable. "The quality of service in rural communities is exceptional because Aspen staff members are committed to their communities and their patients, who are often friends and neighbours."

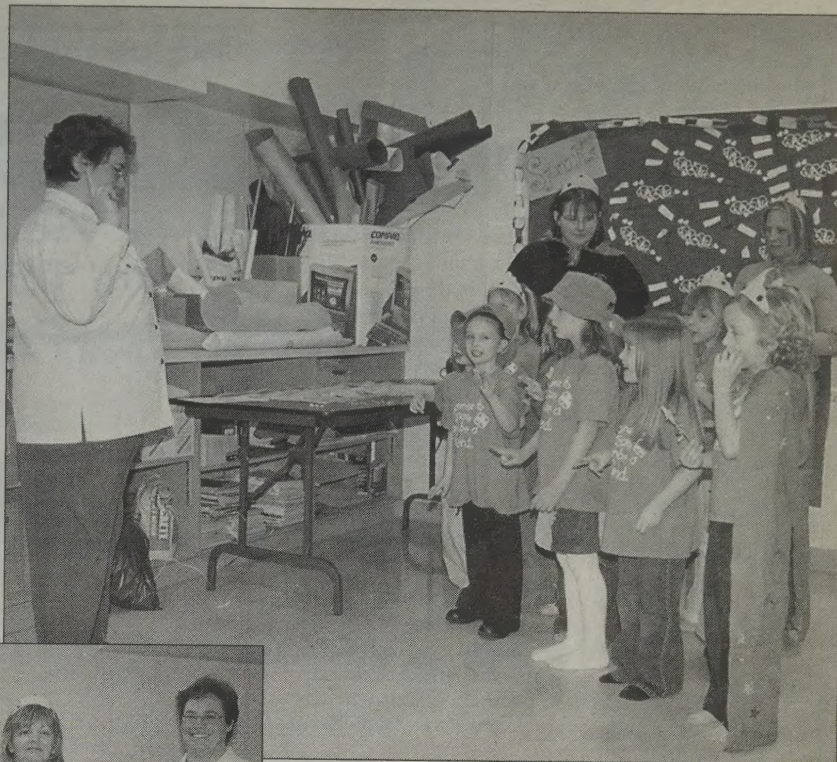
The HQCA health survey is conducted to gather information about public perceptions of health and the health care system in Alberta. The survey tracks satisfaction levels across the province in a wide range of categories, including quality of service, access to service, emergency room services, specialists, diagnostic testing, hospital services and more.

Aspen scored well across the board, but posted the province's best ratings when it comes to concerns about medical mistakes. According to the survey, 29% of the people who access health care services in the region were concerned about medical mistakes, the best rating in Alberta and an 8% drop from 2003. Similarly, 16% of Aspen residents accessing health care had serious complaints about the service they received, a 3% drop from the year before and the biggest decrease in the province.

Although the survey showed strong support for local health services, Aspen Regional Health will continue to look at ways of improving service. "The studies are important for monitoring our performance, not only as it relates to other health regions, but as it relates to our performance in previous years," said Cable. "Rural residents deserve high-quality health services. You can't be complacent and that's why we will continue to look at ways of enhancing service across the Region."

New Sparks seek adventure over the rainbow

PHOTOS BY VICKI BROOKER



I promise...

Guider Margaret White leads new and second-year Sparks in reciting the Sparks promise as the enrollment ceremony begins at Elk Point Elementary School last Thursday evening. Elk Point Brownies and Guides also hold their weekly meetings at the school.



New Sparks leaders (left to right) Wendy Young, Melanie Rogers and Cindy Lawrence also were enrolled by Guider Margaret White as part of Thursday's ceremonies.

ELK POINT ELKS CHRISTMAS PARTY

Saturday, December 11th, 2004
Elks Hall, Elk Point

Music by the Playboys

Cocktails: 5:30 p.m.
Supper: 6:30 p.m.
Dance: 9:00 p.m.

\$25.00 / Person - No Minors

Elk Point Community Choir CHRISTMAS CONCERT

Thursday, December 16 &
Friday, December 17, 2004
Elk Point Seniors Centre, 7:30 pm

Admission by Advance Tickets
Adults \$5.00; Students \$3.00

Tickets available at:

Home Town Grocers in Elk Point,
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EDITORIAL

Is that any way to treat company?

Whatever will they think of us?

Canadians are generally considered by our American neighbours to be polite and friendly, although possibly a little strange, wanting to live up here in the cold and all.

After watching coverage of last week's visit of President George W. Bush, however, they may be revising their idea of a land covered with moose, hockey and igloos to include mobs of placard-toting protesters.

What a way for us mild-mannered folk to behave, and after George W. said he was pleased to be eating Alberta beef, too.

It's not unusual to see protestors on the news, it's just unusual to see them going after visiting heads of state in our nation's capitol, like a pack of stray dogs after a treed cat.

People in Canada may well have problems seeing eye-to-eye with Bush - many of his fellow Americans do, and goodness knows, we don't always agree with our own leaders and the decisions they make. However, this is not a courteous way to treat a neighbor who has finally, after four years, gathered up the courage to cross the border and come for a visit.

Bush seemed to take the rabble-raising in stride, and continued to the more sedate surroundings of Halifax, where he told PM Paul Martin, "when all is said and done, we are friends and we like it. God has blessed us because we have neighbors like you."

Not an easy thing to say, we'd think, when the neighbor's kids are throwing rocks through your windows.

WAY BACK WHEN

Building boom days

HEADLINES FROM THE FILES OF THE ELK POINT REVIEW AND THE LAKELAND REVIEW FOR THE WEEK OF DECEMBER 7 IN....

1984

A massive business building boom was underway, with Work Wearhouse, Tags and the motel portion of Alico Motor Inn all slated for pre-Christmas opening. Representatives of towns, counties, improvement districts and chambers of commerce met with the Heavy Oil Advisory Committee to discuss the immediate need for paved secondary highways in the Lakeland.

1989

Santa Claus came to town and was the man of the hour at the Lioness Santa Claus Breakfast, leaving town with quite a long list of wishes. Plans were underway for Elk Point's very first Associated Canadian Travelers' mini telerama, to raise funds to assist Alberta's handicapped people.

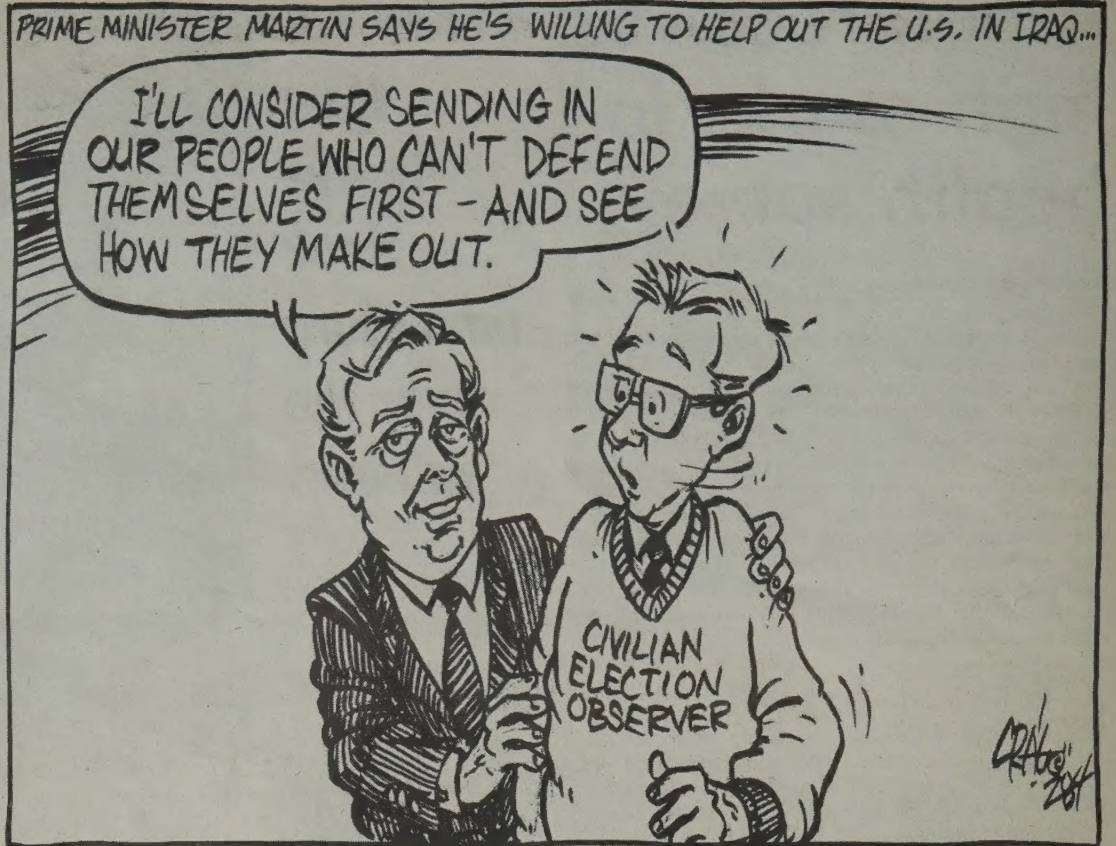
1994

Extravaganza warmed up a frosty Friday, with crowds ignoring the bone-chilling cold to take hayrides, try out the downtown skating rink, sip hot chocolate around the bonfire and do some serious shopping. A proposed dry landfill site near Armistice Lake faced opposition from residents of that area.

1999

Heinsburg Community Club's tireless volunteers, Vernon Sharkey, Charlie Thomson, Alvin and Grace Meger and Alice Gregor were honored with the dedication of Heinsburg Community School's annual craft and bake sale. Flu played havoc with minor hockey, with many teams shorthanded.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.



GUEST COLUMN

Remembrance Day in the USA

Today, December 7th, is Pearl Harbor Remembrance Day in the United States. Also on this day, Hanukkah begins at sundown. So it is an important day. Pearl Harbor is in Oahu, Hawaii, where the American Naval station was attacked without warning by the Japanese in 1941. It is interesting that when some Americans on the street were asked when World War II started they said it started with Pearl Harbor in 1941. That is when the Americans became involved. But that was not the beginning of World War II. It began in 1939.

The other day I was going through some of my "old family stuff" and I found a page or two from the *Calgary Herald* dated Monday, December 13, 1943. The headline was, "Nazi Defense Line Cracked; Canadians Lead Ortona Drive." "Three Nazi Division Hurlled Into Action. ALGIERS, Dec. 13 (AP) - Cracking a portion of the new 15 mile long Adriatic line on which the Germans have massed three divisions, the British 8th Army, with Canadian troops in the lead, has captured elevated ground overlooking the seacoast town of Ortona - anchor of enemy defenses guarding roads to both Pescara and Chieti. Official advices today reported fierce fighting along the entire sector, extending from Ortona, which is three miles north of the Moro River, through Orsogna to Guardiagrele on the slopes of the Maiella Mountains which tower up to 8,000 feet, 15 miles in from the sea..."

The newspaper article goes on to give more information. In fact, there are many more articles that cover the whole page and they are all about the war.

In another newspaper - this time the *Leithbridge Herald* of Saturday, December 16, 1944 - the front page is again covered with articles about the war. I was attracted to the

headline: "Canadian Heroes Home After Five Years of War" "MONTREAL, Dec. 16 - Impatient for their first Canadian Christmas in years, the first happy soldiers to come under the army's new rotating leave plan are in the Dominion with a big contingent of arrivals representing almost every section of the country's armed forces. Several hundred of those on leave - some who sailed away in December of 1939, and some who have fought through every Canadian campaign in Europe - will spend 30 days at home before returning to the line in France or Italy. With them came large numbers of RCAF men who have completed operational tours and a few men of the Royal Canadian Navy. About 400 British war brides of Canadian soldiers, many of them with young children, were in the movement."

I found these old newspapers very interesting. There was no television in those days and it looks like the newspapers kept people informed with news about what was happening in the war. The other part I found interesting was the length of time soldiers were away from Canada. Just imagine how special the Christmas season was in 1944 for some families.

At the same time, I know there were "rations" and people couldn't buy everything. This included foodstuff well. I was very young in those days but I do remember sugar rations and nylon stocking rations. There were others that I am sure some old timers remember.

War really doesn't bring good memories to people, but I can see there were some good moments when people were able to be reunited with their families.

In Elk Point, if we can, let us remember the less fortunate and donate to Santas Anonymous or the St. Paul Food Bank. All donations will be greatly appreciated.

"Just imagine how special the Christmas season was in 1944 for some families..."

- Deanna Easthope



deanna
EASTHOPE

from the FCSS desk

ELK POINT REVIEW

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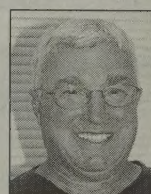
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EDITOR



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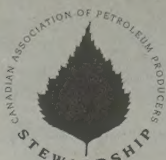
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Playschool and F.G. Miller Travel Club for being part of
our event, the Town of Elk Point for their co-operation
and assistance, wagon ride teamsters Remi Tremblay,
Tony Tremblay and Clem Corbiere, and all our devoted
volunteers and committee members.

Committed to responsible resource development



All stakes at the table

Commercial cattle rancher Delano Tolley has seen some big changes in the Cold Lake area since he bought his Cherry Grove quarter section here almost 30 years ago. The growing number of families and industry has brought prosperity, but along with it increased demands on shared resources like water.

So last year Tolley joined LICA and became a member of its Regional Water Monitoring Committee. "I'm concerned about ground water for my livestock and personal use," he says.

LICA stands for Lakeland Industry and Community Association and is what's known as a synergy group. Synergy groups are typically multi-stakeholder collaborations made up of industry, community and regulators who come together to address concerns like Tolley's. "I thought it would be valuable to help, and learn all about agricultural water levels, industrial usage and volumes and what we can do about water levels," he says.

The group got its start in 2000 when the Cold Lake Beaver River Basin was facing a massive update of a 1985 water management plan. Oil and gas producers active in the area hosted an open house and offered to develop a process that would include them all. Over 200 people showed up, and within ten months LICA opened its new office.

"LICA works, it's good to have everyone sit down at the same table. It's important to us that sustainable development is done in a responsible manner so that the environment is not compromised," says LICA Chairman and long-time Cold Lake resident Ron Pernarowski.

There are now over 60 synergy groups throughout Alberta. You can learn more



Cold Lake rancher Delano Tolley

The cows didn't even notice

Cows continued to graze the Margaret Lakes area of southern Alberta while Shell Canada Limited completed their seismic survey this year.

Shell faced a challenge when they proposed to complete the second phase of their two-year seismic survey which included the privately-owned Margaret Lakes area. Cattle share this densely vegetated space with deer, moose and elk as well as large ground-nesting birds such as herons. There had to be a way to minimize disturbance.

Seismic is a first step in oil and gas exploration. Equipment sends out sound waves that bounce off underground rock formations to help reveal locations of oil and natural gas deposits. To reduce surface disturbances, helicopters are normally used to place the seismic equipment. But helicopter noise would have been too troublesome to the wildlife in the area.

Alberta Sustainable Resource Development (ASRD), the agency responsible for approving seismic surveys in the province, and Shell had an alternate solution. Impact would be minimized by creating short segments of seismic lines using quieter machines called mulchers that mulch dense underbrush while leaving root systems intact.

"At first it seemed counter-intuitive," says Rob Symonds, Vice President of Shell's Foothills business unit. "But these small segments open up the dense, bushy vegetation to create access for large wildlife and encourage the growth of forage for these animals. Over the long term it is expected to enhance habitat for larger wildlife." Nesting conditions for the larger birds are also enhanced.

ASRD appreciates this kind of industry approach. John Begg, Acting Head of the Petroleum Land Use and Reclamation Section at ASRD says "Shell's efforts in the Waterton Lakes area are an example of how the footprint from seismic operations can be reduced, even dramatically so, through planning, the use of appropriate equipment and a conscious effort to minimize impacts."



Cows continue to graze while Shell Canada completed their seismic survey

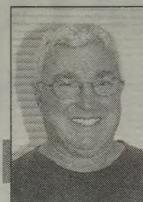
Storm takes over second place in North Central Midget Girls League

Some times these guys get it right. You know, the weather guys, they called it right last week, watch out for the big storm. It's been a little stormy outside this weekend and a whole lot stormier inside the Dome for a team from Lloydminster.

The midget girls Storm has taken sole possession of second place in the battle of the North Central Midget Girls League over the weekend, defeating the Lloydminster Co-op team 5 to 3. In a see-saw battle that was back and forth, tied at two apiece after the first, then three-all after 40 minutes, the Storm came out like gang busters in the third period, taking a two goal lead which they held to the end of the game. Eryl Anton Roberts with two, plus an assist, Karly Shankowski with two, plus an assist and Kelsey Slywka with a single, Elyse Anton Roberts adding two assists and Tellia Loughran also on the game sheet with a helper. Next week the Storm is at home on Saturday at 3 p.m.

A week earlier they defeated Mallaig in the tournament, but it was just one of those days for the atom Avalanche on Saturday, this time Mallaig coming out victorious over the Avalanche. Brandon "the Road runner" Rainey with all four goals for the Avalanche, Trevor "the Kid" Ballas with an assist.

Next weekend the Avalanche play on Sunday at 1 p.m. against St. Paul.



doug
BASSETT
Review Sports

What you see is what you get. Well, not always! The week before, the novice Hurricanes had easily defeated Lloydminster's "B" team and were scheduled to play them again this past weekend at home, but the team Lloydminster sent to play somehow just didn't quite resemble the team they played the weekend before. Seems as though someone pulled a fast one and sent their tier one team to play the Hurricanes.

The Hurricanes did O.K., considering the size of Lloydminster's team, and the number of players they have to choose from, losing the game of course, but still holding their own. You can see that every player on this young team has improved since the start of the season, which is a real positive. Beaudon Rogers with two, Ryley "the Coyote" Wozniak with two, and Rylan Buffalo with a single. Goalie Brayden Vinge saw lots of rubber in this one. Next weekend the Hurricanes play on Sunday against Vermilion.

And now for the K. A. Campbell's quote of the

week." For when the great Scorer comes To write against your name, He writes not that you won or lost But how you played the game."

Last week's answer to - "It's the only way I can support my family. If I could do it some other way, I wouldn't be playing goal." - Glenn Hall.

Do you have any scoops? Yes, my computer is working again. Now you can email them to sportshound 007@hotmail.com

Senior Girls Crusaders win Smoky Lake 'B'

By Vicki Brooker
Review Staff

F. G. Miller's senior girls' basketball coach Deb Keryluk says her team "didn't go to Smoky Lake with great ambitions" toward the outcome of this weekend's tournament.

That didn't stop the young, shorthanded team from coming home with the "B" side trophies.

"We have a young team this year, with lots of rookies. We have five Grade 11s on the squad and six Grade 10s, but they're learning quickly," Keryluk said. "They show great promise for the rest of the season."

Only eight players were able to make the trip, and lost their first game to the home team.

"From then on, they continued to improve. They just kept working hard, and did what they were told to do," Keryluk said.

The Crusaders defeated Mallaig Stingers 43-38 in the B final, and although the game was close, "they kept their composure. It's all about perseverance."

"It's a good way to start the season."

The Elk Point Parent Nursery

would like to give a special thanks to

The Elk Point Co-op and Tags Convenience Store

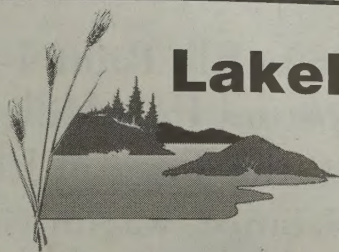
For their contributions toward our Open House

held on November 23 and also to the

Elk Point United Church

for the use of their facilities all year round.

We appreciate the local support.



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Is Pleased To Welcome

Lance Ambrock to its sales staff

Call 645-5915

to speak to Lance, John Wozniak or John Lundy for all your crop input needs.





Heinsburg Community School Crafts & Bake Sale

Craft show vendors offered a wide variety of merchandise to a good crowd of shoppers at Heinsburg School's annual Craft and Bake Sale on Saturday.

Decisions, decisions!

Heinsburg Community School librarian Kelly Hovdestad was kept busy helping young shoppers with their book fair purchases from a good selection of titles.



Feed the holiday spirit without feeling starved for cash.

COPY SUBMITTED

The Christmas season can play havoc with your budget. In 2003, the average consumer spent between \$800 and \$1000 on Christmas gifts. That's quite a chunk out of the monthly paycheck, so advance planning is highly recommended. As the holiday season approaches, take a moment to stop and make a plan. It helps to think about what the season really means for you and your family.

"Hopefully, most people will decide that it's not about how much they spend," says Diane Rennie, Community Liaison Manager for Credit Counselling Services of Alberta. "It's about taking time together and honouring the beliefs of their culture. With a little planning, anyone can socialize, give gifts, and even have a little fun decorating without going broke. You know, feed the spirit without being starved for cash."

Here are a few quick tips to get you started:

■ Draw names - it's a great way to reduce costs and

have fun giving a gift.

■ Give a gift of time - make a coupon for babysitting, snow shoveling, or spring yard clean-up.

■ Think potluck - it's a fun, inexpensive way to entertain and your guests will feel relieved that they can pitch in.

■ Look for low-cost activities - skating, cross-country skiing, or a classic Christmas movie night. (Your local library has movies).

■ Shorten your shopping trips - you'll be less tired and make better spending decisions.

■ Dare to be different - decorate your tree with your children's toys or other household items.

"We encourage people to be creative," says Rennie. "So they'll be able to remember the holidays for all the fun they had, not how big the credit card bill was in January."

Elk Point & District Agricultural Society

Annual General Meeting

Tuesday, December 7, 2004

7:00 pm

Horizon Room - A.G. Ross Arena

Slinger's Pub & GRILL
FORMERLY THE ELK POINT HOTEL

PRESENTS

Frail Mind

Friday, Dec. 10, 2004
\$10.00 Cover Charge
Show Starts at 9:00 p.m.

Power Hour 9 p.m. - 10 p.m.
\$2.00 Special Shooters
ALL NIGHT!

- Baja Rosa • Hot Sex
- I'm Bananas Over U
- Red, Green and Blue Sour Puss

Frail Mind is a hot and upcoming youthful rock band. They have played alongside Joshua's Habit and won the right to play at Stage 13.

Come and support your local talent!

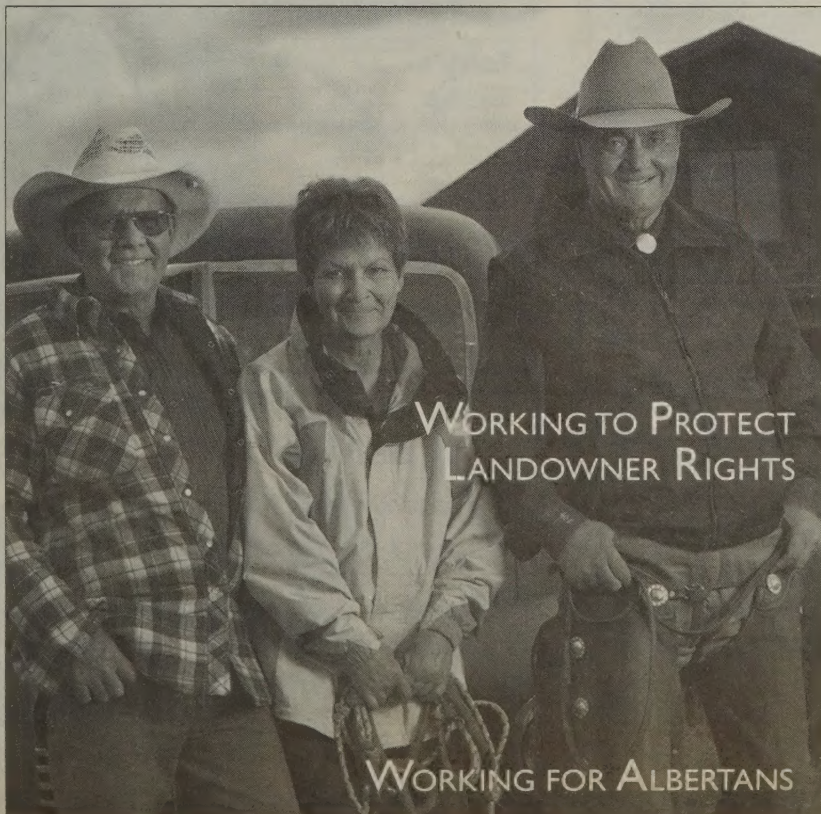
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EUB Alberta Energy and Utilities Board

Prestigious awards for Polled Hereford breeders



Janice and Kevin Wirsta proudly display their Premier Breeder and Premier Exhibitor banners at Farmfair International in Edmonton.

By VICKI BROOKER
Review Staff

It's been a very successful show season for Kevin and Janice Wirsta of K-Cow

Ranch, near Stoney Lake, who spent much of November attending purebred livestock shows in Edmonton, Lloydminster

and Regina.

"We spent a little over three weeks in the barns," Kevin says. He has spent a number of years on the

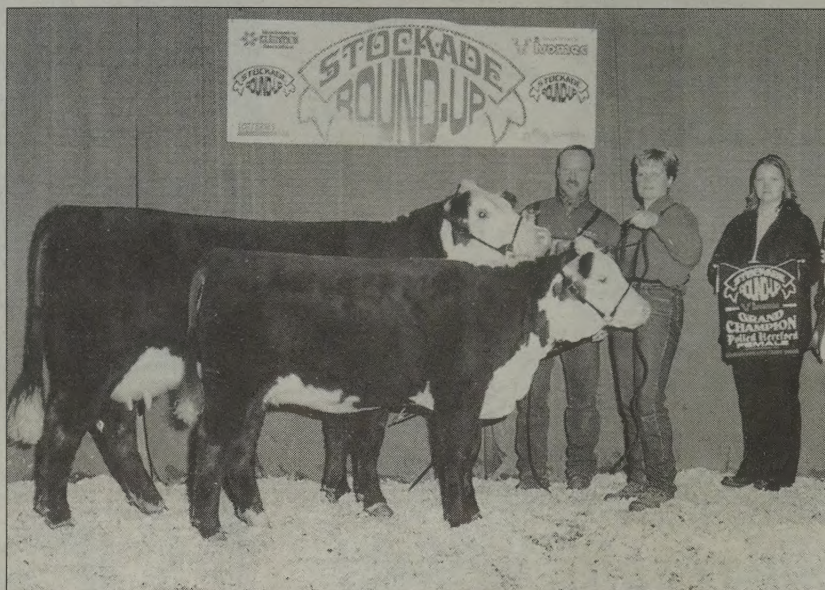
purebred livestock show circuit, preparing other breeders' cattle for show, but this year, he and his wife decided to take their own Polled Hereford show string on the road.

The Wirsta herd includes just over 200 cows and their offspring.

They started out at the Lloydminster Stockade Roundup, November 4 - 6, and cleaned up in the trophy department, bringing home the Grand Champion Bull, Grand Champion Female and Reserve Champion Female banners, as well as being named Premier Breeder and Premier Exhibitor at the show.

Next stop was Farmfair International in Edmonton November 6-14, where they showed the Reserve Champion Junior Female, the Champion Heifer Calf and Reserve Champion Junior Bull, before again accepting the Premier Breeder and Premier Exhibitor awards.

The longest leg of the circuit took them to Regina's Agribition, November 22 - 27, a huge show involving 140 Polled Herefords, where they brought home third-place ribbons for the heifer calf and junior bull, a fourth place for a three-year-old cow and a fifth place with the junior female, against stiff competition.



Lloydminster Stockade Roundup's Grand Champion Female honors went to Kevin and Janice Wirsta and their top-notch cow-calf pair.

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ELK POINT REVIEW

Christmas edition December 21.

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Kevin Wirsta shows Stockade Roundup's Grand Champion Bull.

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Be Wise...ADVERTISE

Christmas comes to Elk Point Further Ed

Elk Point Further Education held their annual pre-Christmas Show and Tell on Wednesday, December 1, with many crafters displaying their finest work. Marg Saranchuk's handsome Father Christmases were dressed for the wintry weather in wonderful fur coats.



Operation Christmas Child comes to successful conclusion

By REVIEW STAFF

Elk Point Baptist Church, the collection centre with Margaret Modin as contact person, reports that 16 large packing boxes filled with 314 shoe boxes, were shipped out on November 22, courtesy of Sandy Smith and Quality Time Tours.

Driver Lee Wruth and Pastors Jim MacLellan and Jason Goulet loaded the boxes at 7:30 a.m. - no small task - with Lawrence Modin providing encouragement for the effort.

Modin expressed sincere appreciation to the people who spearheaded the collection in their areas:

Denise Bjorkman - F. G. Miller High School

- 87 boxes

Diane Dewan - Elk Point Elementary School - 97 boxes

Kim Aarts - Heinsburg School - 27 boxes

Joep Langejans - Elk Point United Church - 20 boxes

Ruth Vogel - Christian Community Church - 3 boxes

Valerie Younker - Avon Glen Church, Irma - 27 boxes

Elk Point Baptist Church - 53 boxes.

"These boxes will bring a message of hope and love to children less fortunate than ours," Modin said. "To each and every one who contributed to the boxes in any way, thank you. May God bless you."

Ten good reasons to use your library, not the Internet

By DAPHNE SCHNURER
Librarian

Here are 10 good reasons why you should check out the services at your public library:

1. Time consuming/too much information - There is a lot of useful information on the Internet but unfortunately, sometimes you have to weed through a lot of garbage before you find it. This leads to frustration and lots of time spent searching. There are great resources ready to grab from the shelf @ your library.
2. It's not always free - You may be required to sign in and pay to get into their website or download their stuff. They may want you to give them your web address and this may lead to a lot of junk mail, constantly trying to sell things, or changing your home page.
3. Not always organized -

How many times have you searched for a topic and got an endless number of hits? Many of those do not have anything to do with your topic. Sometimes searching the web feels like looking for a needle in a haystack. Library resources have been organized by topic and are in your library or can be ordered in for you.

4. True or false? What you find on the Internet is not always the truth, so be careful. Is it a legitimate site or not? Almost anyone with a computer can put up a website. Unfortunately, hoax sites often look real.

5. Harder to verify sources - When you are writing a paper you often need to cite your sources. This sometimes can be very difficult to find out who's who on the 'net.

6. Does not cover everything - Quite often there are

limited resources for old articles. Librarians quite often have a list of recommended sites or online databases. Just inquire @ your library.

7. Online databases - There's more to your library than books these days. Public access computers are available to the public at no charge other than 20 cents a page to print. As well, online databases can be accessed with a library card from the convenience of your own home, any time of the day. The articles on the online databases are reliable information.

8. Repetitive information - Some sites seem to be all the same and sometimes it's hard to find one with more detailed information.

9. Minimal cost - Reasonable price of a membership to check out materials or order books in. Or it costs nothing to work at the library and use its resources.

10. Help when you need it - Friendly, helpful staff is ready to help you find the

information you're looking for. You could spend hours searching on the Internet, only to find the information was incorrect. Take advantage of the services at your own library and let them point you in the right direction.

And 11. There is no Seniors Tea on the internet, but there is one at the library today at 2 p.m. Join us for tea, coffee, goodies and good conversation at this final tea before Christmas.

Card of Thanks POITRAS

We would like to express our sincere thank you to all our relations and friends for all the support we received during our loss of Fred Poitras.

A very special thank you to Homer, Roland, Marlene, Marge and Sydney for the beautiful songs and music played.

Thanks to Fr. E. Croteau who officiated at the Prayer Service and Funeral.

Also to Dr. Ramful and the staff at Parkview Lodge for the good care.

Thank you John & Caroline Yewchin and Staff for making this difficult time easier for us.

Leatha Ockerman
Poitras Families

It's a Boy

ONUSKO

Jim & Lesli are pleased to announce the birth of a brother for Belle

Tristan James Michaelis

Born Dec. 2, 2004
Weighs 5 lbs. 13 ozs.

Now with three grandchildren, under three are

Ron & Carolyn Onusko
Elk Point, AB. and

Norm & Lil Michaelis
Chestermere, AB.

Obituary

SCOTT, Victor James

On November 29, 2004, Mr. Victor James Scott of Elk Point passed away at the age of 88 years.

He is survived by 1 son & 3 daughters, Gordon (Marg) of Kelowna, B.C., Dianne Metrunec of Bonnyville, Sandra (Dennis) Cameron of Elk Point & Barbara (Don) Anderson of Lindbergh; 13 grandchildren; 18 great-grandchildren; 1 brother & 1 sister, Frank (Joan) & Isabel Evasic; 1 sister-in-law, Phyllis & numerous nieces & nephews. He was predeceased by his wife, Dora in 1991; son-in-law, Larry; parents, Ernest & Grace; 2 sisters, Myrta & Eleanore & 1 brother, Wesley.

A Prayer Service was held Friday, December 3 at 7:30 p.m. at Yewchin's Funeral Chapel, St. Paul. A Funeral Service was held Saturday, December 4 at 1:30 p.m. at the Elk Point Seniors Centre, Elk Point. Reverend Sam Donaldson officiated with interment in Ferguson Flats Cemetery, Lindbergh. If desired, donations may be made to the Ferguson Flats Cemetery or the charity of one's choice c/o Box 425 St. Paul, AB T0A 3A0.

Yewchin's Funeral Chapel Ltd., St. Paul (780)645-5177.

"You're invited"

to a

COME & GO TEA

in honor of

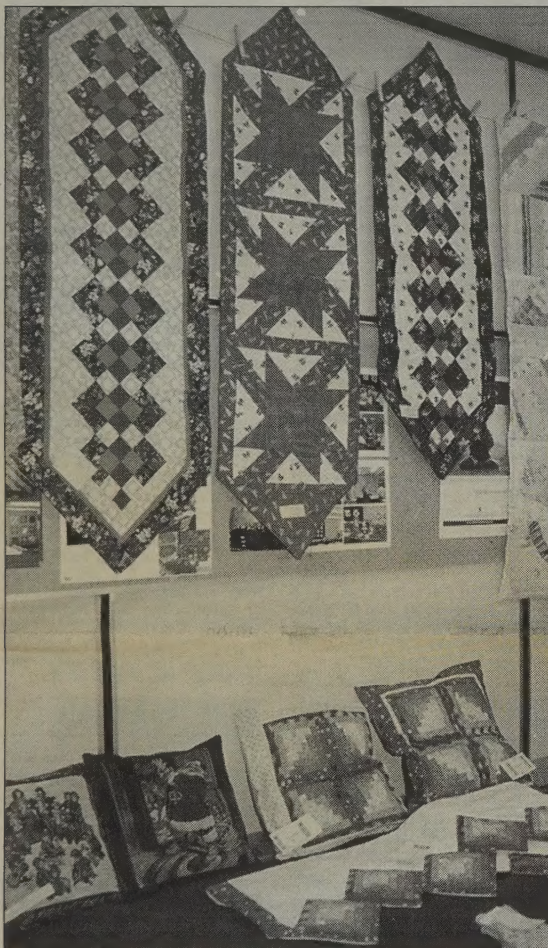
ALICE GREGOR'S 85TH BIRTHDAY

Sunday, Dec. 12, 2004

From 1:00 pm to 4:00 pm

at HEINSBURG SENIORS CENTRE

No Gifts Please



Quilted table runners and quilted and needlepoint cushions made a colorful display at the Show and Tell, which also included a potluck lunch.



...And more Father Christmases, too - these by Further Ed coordinator Verona Lea Flanders.

PHOTOS BY VICKI BROOKER

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Sundays - 10 a.m.
Sunday School - 11:15 a.m.
Call 724-4194 for more information
or see our Website:
geocities.com/elkptbapt

St. Vladimirs' Ukrainian Orthodox Church, Elk Point
For service times, call 645-5156,
St. Paul or 724-4351, Elk Point.

United Church of Canada
4822 - 50 Ave., Elk Point
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Come and Be Nurtured"

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"To Know, Apply and Share the Power of Christ"
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Sunday School - 10 a.m.

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See church door for schedule.

Mass 1st Tuesday of the month at Parkview Extended Care, 4 p.m.
Mass and Holy Hour
1st Friday of the month at 7 p.m.

Bethel Lutheran Church of Lea Park
Weekly Services, 10:30 a.m.
Holy Communion 2nd and 3rd Sundays

Bible Fellowship Church Clondonald
Services held every Sunday at 11 a.m.

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13..... Livestock	100..... Display Ads

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CORRECTED FAX NUMBER. EDMONTON AREA PRINTER and bindery operation looking for experienced bindery operators, with an emphasis on saddle stitching. We offer excellent wages, benefits. Relocation bonus available. Fax resume: Attention: Bindery Supervisor, 780-486-1789. Mail: Bindery Supervisor, 16940 - 110 Ave., Edmonton, AB, T5P 1G9.

ADVENTUROUS HARDWORKING individual, sought in Canada's last frontier. Retailer requiring Grocery Manager. Excellent compensation. Send resumes: ARDL, Box 2280, Inuvik, NT, X0E 0T0 or ardl@permafrost.com.

SPRAY LAKE SAWMILLS is looking for log trucks (7' axle) and experienced drivers. Steady work till March 2005 in Southern Alberta. Please call Martin Cooke at 403-932-2234.

WANTED: Experienced picker operator. Must have ticket or be an apprentice with lots of experience. Competitive rates and benefit package. Fax resume: 780-542-3304 or call 780-621-6884 for an interview.

COUNTER SALES REP and small engine service manager required immediately. Positive team environment and excellent pay structure with bonus plan. Fax 403-652-1011 or email: dave@highriverrentals.com.

CLASS #1 tank truck drivers with off road experience. Catered camp job. Two weeks on and one week off. Full-time. Fax resume with references: 780-523-5833.

SERVICE MANAGER REQUIRED immediately in Lloydminster. Excellent customer service, communication and leadership skills required. Past service industry experience an asset. Redhead Equipment Ltd., fax 306-790-3466. Email: wade.sandoff@redheadequipment.ca.

6 EMPLOYMENT OPPORTUNITIES

EXPANDING COMPANY REQUIRES a full-time journeyman or 4th year apprentice mechanic. Experience in natural gas engines and compressors preferred. Reply to: Box 9093, Sylvan Lake, AB, T4S 1S6 or fax 403-887-3347.

FULL-TIME MAINTENANCE/building operator a/cert. New 4th Class to maintain mechanical equipment/systems. Derek Manz, Two Hills Health Centre, Box 160, Two Hills, AB, T0B 4K0. 780-657-3344. Fax 780-657-2508.

CHANCE OF A LIFETIME to live in the Okanagan! Large and growing GM auto dealership is currently filling the following positions: licensed journeyman technicians (1 journeyman, 1 apprentice); experienced lube technician tire changer; service department control tower operator; junior parts person; professional sales/lease representative. These are full-time positions with benefits, available immediately. Candidates must have previous experience in the position applied for (GM experience not necessary). Apply in confidence to: Box 13, c/o The Morning Star, 4407 - 25 Ave., Vernon, BC, V1T 1P5.

TRUSS TECH. Cdn. Frameworks, sunny Okanagan, Enderby, BC. New shop CNC saw (Hundegger). Housing and moving allowance; salary negotiable. Start Feb. 05. Email: cdn@sunwave.net. Phone 250-832-1503.

PRESSURE TESTING OPERATOR: Clean Class 3 drivers licence. Minimum 2 years drilling rig experience. Clean, honest, dependable, hardworking. Minimum Grade 12. (Winter Position) Phone 780-926-1912.

ENSIGN DRILLING INC., a Drilling Contractor located in the Nisku industrial park, is currently looking for Top Drive Field Technicians. The position of Field Technician offers a wide variety of work and the potential for growth in the organization. The primary responsibilities for this position include all operational aspects on Varco and Tesco Top Drive Units, working on our drilling rig sites throughout Western Canada. The individual must be highly motivated, possess strong organizational skills and be a team player. Previous experience with Varco or Tesco Top Drive Units is preferred. Education/technical training will be considered in lieu of experience. Salary level will be commensurate with background & training. Please submit your resume with related experience and references to: Ensign Drilling Inc., 2000 - 4 St., Nisku, AB, T9E 7W6. Fax 780-955-6160. Email: hr@ensigngroup.com. Only those applicants called for an interview will be contacted. Thank you.

EXPERIENCED SEISMIC DRILLERS required for winter work. Excellent wages, company vehicle. Valid drivers a must. Be prepared for harsh weather and long hours. Fax resume to 1-306-752-4995.

ATTENTION LONG HAUL drivers! We have 5 positions available. Must have 2 years experience, able to cross border, clean abstract. Call Suzanne at 1-800-562-7471. Kocsis Transport Ltd., Saskatoon, SK.

ENROL IN the Geographic Information Systems diploma at Olds College and learn GPS, CAD and GIS. Find jobs in the surveying, mapping and consulting industries. Call 1-800-661-6537 or www.oldscollege.ca.

HEAVY DUTY MECHANIC 2/3/4 year apprentice or journeyman to work in a modern and spacious heavy duty shop servicing the construction and oilfield sectors in NE Alberta. Heavy truck and Caterpillar equipment experience an asset. Salary negotiable based on experience. Fax resume including two work references to 780-724-2280.

8 FEED & SEED

FORAGE SEED - At 2004 spring prices before December 31. Raymond Phillips at 780-366-3982. Alfalfa Seed Grower & Hannas Seed Agent. Dec28

BARLEY WANTED - If you want to market some of your barley, contact Fatherland Feedlot at 645-8050 or 635-4022. Barley pick up available. Dec14

OATS

WANTED

ON FARM PICKUP

Immediate Payment.

Toll Free 1-866-349-2056

8 FEED & SEED

ROUND HAY BALES. \$29. We deliver. Self-unloading. No Sunday calls please. 403-843-6380.

OATS, OATS, OATS. Buying feeds grains of all types. Wheat, oats, barley, peas, rye...heated or green canola. On farm pick-up. Westcan Feed and Grain, 1-877-250-5252.

9 FOR RENT

FOR RENT - 2 bedroom fourplex for rent in Elk Point. Four appliances, no pets. Phone 724-2288. xxx

FOR RENT - Mobile home on acreage, 1 mile north, 1 mile west of Elk Point. \$600 / month plus utilities. Phone 780-826-1715 evenings. xxx

SHOP SPACE FOR RENT IN ELK POINT IDEAL FOR TANDEM OR OIL HAULERS Phone 645-1088

10 FOR SALE

MOBILE HOME ON RENTED LOT - In St. Paul. 5 appliances, 3 bedrooms, 2 bathrooms, deck, addition, asphalt shingle roof. \$15,000 obo. 780-462-6614. xxx

ITALIAN LEATHER - Sofa and loveseat. Never used. \$1,549.00. Phone 780-826-1039. xxx

THE CONTAINER GUY. 20, 40 and 48' containers. Weather, bug and rodent proof for storage. Will deliver anywhere. Excellent condition. Information, phone 780-307-4656.

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6.5 DIESEL ENGINES. Superior rebuilds. Heat resistant pistons. Timing gears replace chain. Main webs reinforced. Dyno tested. 3 months unlimited mileage warranty. 1-800-667-6879.

GM 6.5 ENGINES. Brand new Hummer style blocks. Extra strength, high nickel. Guaranteed no more cracks, premature failures. Only \$8550. Drop in \$10,850. 1-800-667-6879 DSG Canada.

AS SEEN on TV! Get an MDG Horizon PCI Now only \$749. or 68 cents/day (O.A.C. + s&h). Free Lexmark 3 in 1 printer, free digital camera, free CD burner, free Microsoft Word and free 17" Samsung monitor. No money down. Don't delay, call today! 1-800-236-2504.

DIESEL TRUCKS. Improve power, economy, chips, kits for Dodge, Ford, Chev., gas, diesel. Up to 100 HP, 160 lbs. torque extra at rear wheels. Unbelievable responsiveness. DSG 1-800-667-6879.

SAWMILLS from \$3,495. LumberMate-2000 and LumberLite-24. Norwood Industries also manufactures utility ATV attachments, log skidders, board edgers and forestry equipment; www.norwood-industries.com. Free information, 1-800-566-6899 ext. 400 OT.

RENT TO OWN! Greatest electronic liquidation ever! Computers \$49/month, ideal for children's education, business, and entertainment. Everyone approved. Home theatre \$59/month. OAC. 1-866-858-0660. www.integritytechnology.ca.

AT LAST! An iron filter that works. IronEater! Fully patented Canada/U.S.A. Removes iron, hardness, sulfur, smell, manganese from well water. Since 1957. Phone 1-800-BIGIRON; www.bigiron-drilling.com.

NEED MONEY FAST. Immediate approval. Credit, age, income are no barriers, debt consolidation, interim financing, home purchase, small business start-up. Consolidated Mortgage and Loans. Members BBB 1-800-452-5858.

GIFT FOR THE SOUL - a Spiritual Retreat. Pass at Western Canada's newest spiritual retreat centre, Sanctum Retreat, near Caroline, Alberta. Introductory passes are \$150. for weekend retreat, and are only available until Dec. 15, 2004. They can be used anytime in the next 5 years. You could also win a 10-day spiritual pilgrimage to Assisi, Italy, Visa, Mastercard. Toll free 1-888-442-0285; www.sanctumretreat.ca. All faiths welcome.

MUST SELL dining set, 13 piece Cherrywood, cost \$11K \$3,995. Bedroom set Cherrywood, 6 piece, cost 9K \$3,295. New pool table, 1 inch slate \$1,795. Queen mattress \$275. 403-259-4463.

10 FOR SALE

FLOORING WHOLESALE desperately needs cash flow. Laminate \$.49/sq. ft.; 12ml laminate \$1.99/sq. ft.; laminate tile from \$.99/sq. ft.; 3 1/4" oak, maple or birch pre-fin \$3.99/sq. ft.; 3 1/4" Japanese cherry pre-fin \$4.75/sq. ft. Tons more! 1-800-631-3342.

NEED A PHONE? Connect for just \$44.95 a month! Transfer from your current reseller for free! Ask about our new pricing on features; www.telereconnect.com. 1-866-392-5066.

STEEL BUILDING SALE. "Rock bottom prices!" Final clearance. Go direct/save. 20 X 26; 25 X 30; 30 X 40; 35 X 60; 40 X 80; 45 X 90; 50 X 100; 60 X 180. Many others. Pioneer 1-800-668-5422. Since 1980.

LAPTOPS and computers. 12 months - no interest no payments. Only \$27/month or \$0.81/day. Easy telephone approval. All applications accepted. Call for immediate approval. 1-877-992-9992.

PUREBRED Black Angus, coming 2 year old, bulls, vet inspected and ready to go. Phone Spruce View Angus at 780-385-2216.

WHOLESALE ENGINE PARTS. Cummins overhaul kits from \$1046. Cat 3406B from \$2195. Best quality at factory direct prices. Plus Detroit and much more. Exchange Engines. DSG 1-800-667-6879.

FALL CLEAROUT. All 16' and 20' wide show homes. Must go. Good selection of used homes. Delivered, blocked and leveled - within 100 miles. Call M&K Homes 1-800-204-5598.

16' WIDE AND 20' wide sale. All showhomes must go. Best prices of the year. Call for details: Airdrie Modular Homes, 1-866-912-3244.

CLEAROUT of deluxe showhomes for immediate delivery. 20' wide 16' wide at great prices. Prices include delivery, skirting, free homeowner insurance and more. Call Pleasant Homes, 1-866-962-0238.

NEW HOMES FROM \$47,990. Payments less than \$300/month. Delivery 100 miles, blocked, leveled, skirted, anchored. 16, 20 and modulars. Showhome Clearance \$5,000. cash back. Some restrictions apply. Cross Country Homes 1-800-470-5444.

RIDGEWOOD LEADS the way! Our best selling model just got better. Only \$79,900. 1520 sq. ft. 3 bedroom, living room, plus media room. Upgraded interior. Nobody offers more. Ridgewood / Westalta Manufactured & Modular Homes. Edmonton 780-960-2112. Calgary 1-800-797-5717. Red Deer 1-800-797-5714.

13 LIVESTOCK

18TH ANNUAL SIMMENTAL BEEF BULL AND HEIFER SALE - Friday, December 10, 1:00 pm M.S.T. At the farm; Frenchman Butte, SK. Offering 60 ranch raised beef bulls. Partial payment option available. Bulls wintered until April 1 at no charge. 150 Bred Commercial Simmental Cross females bred Red Angus; 150 open Commercial Simmental Cross Females. For information and catalogues: Ervin Harland (306) 344-4807, Scott Harland (306) 344-2027. Dec7

FOR SALE - Bred heifers, bred to Red Angus bull. Phone 645-3706. Dec7

PUREBRED & PERCENTAGE SALEERS BULLS - Tan, Black, Red. Polled & horned, free delivery. Great on heifers, awesome on cows. Scattered Spruce Salers. Phone 780-768-2284. xxx

8 BRED POLLED HEREFORD HEIFERS - Females. Phone 726-3751, Lakes Ranch. xxx

BULLS FOR SALE OR RENT - All breeds available. Also selling 2 GMC livestock trucks, A1 shape. One with 24' box, other 22' box. 632-2139. xxx

GET IN. GO FAR! Equine horsemanship. Horse training. At NAIT's Fairview, Alberta Campus starting September '05; www.nait.ca. Call 1-800-661-4077. Apply now! NAIT. Bring on the future.

16 MISCELLANEOUS

8-PIECE SOLID CHERRY WOOD - Bedroom suite. Cost \$7,500, sacrifice \$3,295. Phone 826-1039. xxx

CASH NOW. Over the phone approval. Money for any purpose any where. Debt consolidation, business, equipment, mobiles; rates starting at 7%. No refusals 780-484-5834.

CLASSIFIED AD RATES

ELK POINT REVIEW Tuesdays - \$5.00 per week + GST

ST. PAUL JOURNAL Tuesdays - \$6.00 per week + GST

BONNYVILLE NOUVELLE Mondays - \$7.75 per week + GST

COLD LAKE SUN Tuesdays - \$8.75 per week + GST

COMBINATION OF 3 PAPERS - \$14.00 / WEEK

COMBINATION OF 4 PAPERS - \$18.00 / WEEK

(20 cents per word per newspaper insert over 20 words)

lakeland marketplace

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Your classified ad can be read in over 10,000 papers.

Select your classified readership for as little as \$5.00 / week.

** Bonus: St. Paul Journal Classifieds

also featured online at www.spjournal.com

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. The publisher will not be responsible for errors in classified ads that have been phoned.

THE WINNING TEAM



YOU AND THE CLASSIFIEDS GET YOU WHERE YOU WANT TO GO

Place your order at either of our offices:

Elk Point Review - 724-4087

St. Paul Journal - 645-3342

Classified Ad Deadline: Thursday at Noon

16 MISCELLANEOUS

KING SIZE PILLOW TOP - Bed set, box spring and mattress. Brand new, never used. \$650. Phone 826-6873. xxx

QUEEN BED ORTHOPEDIC - Double pillow top box spring and mattress. Brand new, still in plastic. Cost \$795.00, sacrifice \$350. 826-1039. xxx

METAL SIDING/ROOFING: Best prices in Alberta! 32" V-Rib/36" Tough-Rib \$.65 sq. ft. Galvalume white, coffee brown, tan, charcoal, stone grey, red, taupe, dark green \$.85 sq. ft. Other colours available. Alta-Wide/B.H.L. Builders Supplies 780-887-0355.

FLOORING WHOLESALE desperately needs cash flow. Laminate \$.49/sq. ft.; 12ml laminate \$1.99/sq. ft.; laminate tile from \$.99/sq. ft.; 3 1/4" oak, maple or birch pre-fin \$.99/sq. ft.; 3 1/4" Japanese cherry pre-fin \$.47/sq. ft. Tons more! 1-800-631-3342.

NEED MONEY NOW. 1st's, 2nd's, renewals, equity take outs, residential, commercial, private money available. Better than banks rates, good/poor credit. Krista Asset Capital 1-866-992-7738.

17 NOTICES/LEGAL

GET IN. GO FAR! Pre-employment motorcycle mechanic training at NAIT's Fairview Campus starts September '05; www.nait.ca. 1-800-661-4077. Apply now! NAIT. Bring on the future.

GET IN. GO FAR! Harley-Davidson training starts March 7 at NAIT's Fairview, Alberta campus; www.nait.ca. Call 1-800-661-4077. Apply now! NAIT. Bring on the future.

NOTICE TO CREDITORS & CLAIMANTS

Estate of **ERIC RAYMOND FREDERICK BURMAN**, who died on **November 15, 2004**.

If you have a claim against this estate, you must file your claim by **January 7, 2005** and provide details of your claim with **Elaine Bjorkman, Box 308, Elk Point, AB., T0A 1A0**.

If you do not file by the date above, the estate property can be lawfully distributed without regard to any claim you may have.

NOTICE TO CREDITORS & CLAIMANTS

Estate of **ISOBEL DORA VALENTINE**, who died on **June 29, 2004**.

If you have a claim against this estate, you must file your claim by **January 7, 2005** and provide details of your claim with **George Pinder, Box 24, Elk Point, AB., T0A 1A0**.

If you do not file by the date above, the estate property can be lawfully distributed without regard to any claim you may have.

18 PERSONAL

GOT HIGH CHOLESTEROL? Feel lucky? Enter to win a day with a personal chef (learn how to cook low cholesterol and delicious food) or home fitness equipment. Go to myhealthychanges.ca.

DRUG/ALCOHOL. Help a loved one who's losing everything to drugs or alcohol. 75% success rate. 100% natural; www.narconon.ca. 1-877-782-7409.

LIFEMATES The relationship people. Single? Meet your mate, guaranteed! Call Canada's largest and leading relationship company today at: 1-888-54MATES (62837) or visit us at www.lifematescanada.com.

ALL KINDS OF PSYCHICS. Be ready for 2005! Love? Money? Life? 1-900-677-5872 or V/MC and PayPal 1-877-478-4410. 24/7. \$2.99/min. 18+; www.mysticalconnections.ca.

CANADA'S TOP PSYCHICS. Are you ready to believe in psychics again? Call now, you won't be disappointed! 1-900-451-7070. \$2.95/min. 18+.

19 PETS

GET IN. GO FAR! Become an Animal Health Technologist. Train at NAIT's Fairview, Alberta Campus. Large and small animals. Working farm; www.nait.ca or call 1-800-661-4077.

CLASSIFIEDS

small ads BIG deals

20 REAL ESTATE

WELL MAINTAINED AFFORDABLE - Cozy 2 bedroom bungalow, spacious living room, hardwood floor, coved ceiling, attached heated garage, recent upgrades, 2 lots, Derwent. \$37,500. 780-467-4582. Dec7

WHISPER RIDGE - 13 Okanagan-Thompson CHBA gold and silver awards for this project. Beautifully treed and valley views, 1 - 3 acre homesites. All services underground. Paved roads. 160 acre private park (The Ranchlands). 8 miles to Vernon and 40 minutes to Silver Star Mountain. Homesites from \$115,000. - \$160,400; www.whisperidge.com. 250-545-5472. 1-800-493-6133.

10 ACRE farm yard. 4 bedroom house, garage, large hip roof barn with new metal roof, 2 wells. Central to Ponoka/Wetaskiwin and highways. 403-704-3769.

21 RECREATIONAL

WE PAY CASH! For late model RV's 1992 or newer. Call Calgary's most Southern RV dealer. Waltons RV World at 403-258-2727 or 1-866-383-2727.

TOP DOLLAR PAID for good clean used RV's 1992 or newer. Motorized or towables. Call Woody's RV World, Calgary at 403-240-1212 or 1-800-531-4695.

GET IN. GO FAR! Marine service technician training at NAIT's Patricia Campus, Edmonton starts September '05; www.nait.ca. 1-800-661-4077. Apply now! NAIT. Bring on the future.

BRING ON THE FUTURE. Train for Canada's fastest growing leisure industry: Golf. Explore turfgrass programs at NAIT, Fairview Campus, starting September '05. Call 1-800-661-4077; www.nait.ca.

GET IN. GO FAR! Pre-employment Outdoor Power Equipment Technician begins January 3rd at NAIT's Fairview Campus; www.nait.ca. Call 1-800-661-4077. NAIT. Bring on the future.

22 SERVICES

DEBT STRESS? We can help you avoid bankruptcy through debt consolidation. Achieve peace of mind. Visit us online at mydebtolution.com or call toll free 1-877-556-3500.

CRIMINAL RECORD? Canadian pardon seals record. U.S. waiver permits legal American entry. Why risk employment, licensing, travel, arrest, deportation, property confiscation? Canadian - U.S. Immigration specialists. 1-800-347-2540.

REDUCE YOUR TAXES! Powerful, legal tax reduction strategy. Call our toll free 24 hour recorded message 1-866-347-7211 ext. 1030.

CRIMINAL RECORD? Get yours cleared. For travel to U.S.A., career advancement and your peace of mind. Free assessments. Call Jennifer at the National Pardon Centre 514-842-2411; www.nationalpardon.org.

23 TENDERS

Notice to Tender Catering

For the **Elk Point Choir Dinner Theatre 2005**

("Anne of Green Gables")

March 4, 5, 10, 11, 12, 17, 18, 19, 2005

Notice is hereby given to all interested parties wishing to place a bid to cater the dinner for the Elk Point Choir Dinner Theatre 2005. A sample menu and price must be submitted to **Don Conrad, Box 307, Elk Point, AB., by Friday, Dec. 31/04**. The lowest price may not necessarily be the accepted bid. Tickets are now on sale for "Anne of Green Gables". **PHONE 724-3785**

24 TRAVEL

GET AWAY for less guaranteed! itravel2000.com offers lowest rates on vacation packages. All-inclusive packages from \$799. pp. Ask about flights, hotels, car rentals. itravel2000.com. 1-866-317-2184.

SALTSPRING ISLAND BC - Winter rentals available: 2 bedroom, 4 appliances, new lakefront log cottage \$875.; 3 bedroom 5 appliances, oceanfront \$1350. Royal Property Management, long-term home rentals available. 1-250-537-5577 or royal@saltspring.com.

ALL INCLUSIVE HOLIDAYS - Cheapest airfares and package prices in Canada. Discounted cruises, hotels, cars. Book online now and save; www.canadatravels.com or call toll free 1-800-563-5722.

TIMESHARE REALES - RiiStroman.com - Since 1979. Buy-Sell-Rent-Exchange. World wide selection. Call now! 1-800-201-0864.

24 TRAVEL

KOKANEE SPRINGS RESORT "Give the Gift of Golf". Pre paid gift certificates in time for Christmas. Pre-Season Specials for 2005; www.kokaneesprings.com. 1-877-GOLF-KSR.

25 WANTED

WILD FUR WANTED - Coyotes, fox, beaver, etc. Also shed antlers, Bonnyville (Western Pride Auction) - Dec. 18 at 11:00 am; St. Paul Auction 1:00 pm, Elk Point Cattle Arena 3:00 pm - January 15, Feb. 19, March 19. Phone 1-780-755-3860, Licence No. GP 17999. Dec7

SLUTKER FUR/Halford Hide buying whole carcass beaver and coyote in Edmonton. Looking for experienced skinkers to work on site. Contact Stephan 1-800-353-7864 ext. 209.

COLLECTOR PAYING top prices for 2 cylinder JD's preferably 820, 830 series. Also any International, Cockshuts, Oliviers, Minneapolis, Allie Chambers, etc. Running or not. 306-369-2810; 306-221-5908.

BUYING COMIC BOOKS, sports cards, rock 'n roll records, bodybuilding, Rolling Stone, motorcycle, sports magazines. 1935 - 1980. Will pick up, pay cash. Nobody pays more. 1-780-919-9339; tvsptrcards@hotmail.com.

Little Known Fact...

Four out of five Paleontologists agree: Dinosaurs became extinct because they forgot to advertise in their community newspaper!



Get your business off the endangered species list! Advertise today! Call 724-4087 for more information.

St. Paul Education Regional Division No. 1 TEACHER ASSISTANT

Required for **F.G. Miller Jr./Sr. High School**. F.G. Miller Jr./Sr. High School requires a full-time Teacher Assistant effective January 03, 2005. Training and/or experience working as a teacher assistant would be an asset.

Forward resumes by **December 14, 2004 to:**

MR. JIM HAWKINS
Box 660, Elk Point, AB., T0A 1A0
Phone: 724-3966; Fax 724-3039

A criminal record check clearance is required. We thank you for your interest but only those candidates shortlisted for interviews will be contacted.



ACREAGE FOR SALE
"Executive Living at its Best" - 10 acre parcel SE of Elk Point boasts a 1935 sq. ft. home. Also, 933 sq. ft. revenue home, 50x100 heated shop, many other outbuildings. CALL ROB AT: **COLDWELL BANKER CARTIER REALTY 780-645-1532**

Holiday check-stops planned

By **CPL. DARRYL EAGLES**

St. Paul Traffic Services

The Christmas holiday season is fast approaching and soon we will be celebrating the new year. As such, many people have already had parties, and there will no doubt be many more in the upcoming month. This is a time for family and friends to get together and celebrate. Unfortunately, all too often, these celebrations can turn to tragedy with a crash caused by an impaired driver.

The St. Paul Traffic Services Unit of the RCMP will be out in full force this month in an attempt to combat impaired driving offenses and other hazardous driving infractions. The traffic unit is responsible for enforcement in the detachment areas of St. Paul, Elk Point, Bonnyville and Cold Lake. During this holiday season, members of the traffic unit will team up with detachment members and will conduct a series of planned check-stops and roving patrols. There will be a zero tolerance for anyone caught behind the wheel while their ability is

impaired. They will be arrested and charged and may have to begin the new year with an appearance in court. There will be no warnings.

Statistics in Alberta show that between the hours of 10:00 p.m. and 4:00 a.m., one in every eight drivers has a measurable amount of alcohol in their blood while one in every 33 is actually impaired by alcohol Nation wide, there are more people killed by impaired drivers than by murder.

Police are asking motorists to please show good judgment. If you are drinking, DON'T DRIVE. Spend the night, take a taxi, or have a sober person drive. Don't let a senseless act ruin the holiday season for yourself or some other innocent user of the roadways.

Party hosts, business owners, family and friends are also asked to use sound judgment in keeping our roadways safe. Remember, friends don't let friends drink and drive. Have a wonderful holiday season, but please make it a safe one.

AMA advises motorists to prepare for cold weather

COPY SUBMITTED

The arctic high that arrived over the weekend caused rapid temperature drops around the province. The Alberta Motor Association (AMA) is advising motorists to make sure their vehicle is prepared to take on old man winter.

"When temperatures drop so fast, it catches a lot of people off guard. But it only takes a few minutes to check your block heater, fluids and tires which could save you the hassle of your car not starting or breaking down because of the cold," says Randy Loyk of AMA Motoring Services.

Here are a few simple things you can do to avoid being left out in the cold:

Plug it in: Once the temperature dips below -13C you should plug your vehicle in. Before the temperature

dips, check to see if your block heater is working by plugging in and listening for a sizzling sound. Or, use a Plug Alive device that checks not only your block heater, but also the power source and the cord (available at all AMA centers).

Check your tires: Be sure to check the air pressure. As the temperature drops, so does the air pressure in your tires. Check your tire pressure monthly or every time the mercury drops in the thermometer. Also check your spare to ensure it's properly inflated and that the jack and lug nut wrench are in your trunk in case of a flat.

Top up with winter fluids: Make sure you have winter grade windshield washer fluid and that your engine anti-freeze is able to withstand the cold temperatures.

Fill 'er up: Always have at least a half tank of gas. This prevents condensation in the tank, which can cause gas lines to freeze up (especially important if you park in a heated garage). And that full tank of gas can also be a lifesaver if you do break down.

Carry a spare key: The

AMA responds to an average of 333 lockout calls a day across the province. To avoid being locked out carry a spare door/ignition key separate from your regular key chain. That way, you'll have a spare if you accidentally lock your keys inside your vehicle. And

DON'T leave your vehicle unattended while running, giving thieves an easy target.

Bundle up: You never know when you're going to be stranded so be sure to always dress for the weather conditions. Or, keep extra warm clothing and boots in your trunk.

Be prepared: Always have a charged cell phone with you to call for help in case of emergencies. You should also carry a winter survival kit in your trunk with extra warm gloves, a blanket, flash light and batteries, booster cables, water-proof matches, an emergency candle, snow shovel, ice scraper, traction aids (like kitty litter), non-perishable food items, a rope and flares.

Check road conditions: If you're going to be traveling outside the city check winter driving conditions by visiting www.ama.ab.ca

Attention:

Business Owners

CHRISTMAS

IS ONLY

18 DAYS AWAY

Make Every Second of the Shopping Season Count.

Add sparkle to your ads with electrifying artwork, dynamic copy and beautiful color.

Give our reps a call today to plan your Christmas Advertising

Call Melanie at the

Elk Point Review

724-4087 - Elk Point

Healthy holiday eating = no guilt!

For many people, Christmas tradition is a supply of favorite foods and beverages and a gathering of family and friends. In this environment it is easy to over-indulge on good foods providing more than you bargain for. With a little advanced planning and preparation, those good foods can also be healthy foods.

Here are some tips to

help you get through the Christmas season without feeling guilty about your choices:

■ Many recipes can be modified to make them lower in fat and sugar. Just because a recipe has been passed down to you from your grandmother doesn't mean that you can't alter it a little bit without affecting the taste.

■ If you have a traditional

recipe that you know is high in fat, sugar and energy that you prefer not to modify



Linda Fox
Registered Dietitian

aim at having a smaller portion. Include some high fibre/low fat foods, for example fruits and vegetables, to fill up on so you're not tempted to overeat the "special" food.

■ The method used to pre-

pare food can reduce fat and energy in a recipe. Try to use cooking methods that add little fat, such as boiling, baking, broiling, steaming or roasting. Add less fat to prepared foods, for example, use lower fat milk to mash potatoes instead of butter and cream/whole milk.

■ Snacking on candy, chocolates, nuts and baked goodies during the holidays is a common ritual. Try to limit the amount of high fat snacks eaten by throwing in some fresh fruit, raw veggies and low fat dip, or even

a turkey sandwich. Eating regular meals throughout the day also minimizes craving for snacks.

■ If you are going out to a late dinner, have a snack before you go. This will help to prevent overeating.

■ Don't forget about water. Eating all that rich food, especially when combined with alcohol can lead to dehydration. Drink enough fluids, such as water and other hydrating fluids, to hydrate your body. This will help to keep you alert, motivated and feeling good.

■ Try to maintain an exercise plan over the holidays.

Don't forget that walking is great exercise. Go out as a family and have some fun. - try out some cross-country skiing or tobogganing. Exercise will make you feel less like overeating and will help use up some of those extra calories that are hard to avoid at this time of year.

If you overdo it at Christmas, aim to get back on track after the holidays. Remember, it's what's done the majority of the time that counts.

For more information, contact Linda Fox, Registered Dietitian at the Elk Point Health Centre.

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NOTICE

County of St. Paul No. 19

Notice is hereby given that Council of the County of St. Paul No. 19 intends to pass a bylaw to amend Land Use Bylaw No. 1294, as it relates to amending Section 24 (1) (c) as follows:

24(1)(c) No signs shall resemble or conflict with a traffic sign, nor shall it be a traffic hazard. No sign shall be in contravention of a County traffic speed bylaw or in contravention of any other County Bylaw.

A Public Hearing will be held on December 14, 2004 at 11:30 am or as soon thereafter as can possibly be arranged, at the County Office in St. Paul.

Copies of the Bylaw may be inspected during normal office hours at the County Office.

For further information, contact the County Office at 645-3301.

Kim Heyman, County Administrator
County of St. Paul No. 19
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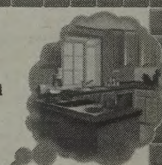
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